



**U3A HENDERSON**

**Study and Interest Groups  
Handbook**

**2024/25**

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## *Editor's note*

If you become aware of alterations or additions that should be made to this handbook, please send the information to the Study Group Coordinator on the committee. This will enable the committee to produce update sheets that can be stapled in as needed.

## ***What is U3A?***

*U3A is an international organisation that has thousands of members throughout the world. Its aims are the education and stimulation of retired or semi-retired members of the community – those in the ‘third age’ of life – which is why its name originally stood for ‘The University of the Third Age.’*

*The word ‘University’ can be misconstrued as being solely for academics. In New Zealand, the term ‘university’ may be used only by recognised tertiary institutions, so we are called simply ‘U3A.’ Our U3A is not a tertiary education organisation, and you do not need to have attended a tertiary institution in order to contribute to, or benefit from, our study groups. However, we are focused on members continually learning and keeping their brains active.*

*U3A’s origins date back to 1973. Its founder, Professor Pierre Vellas, used an academic model associated with a local university in Toulouse, France. Since reaching Britain in the early 1980s, it has become a self-help, peer-learning model, acknowledging that retired people have a lifetime of experience and, collectively, a vast amount of knowledge that can be shared. This is the model New Zealand, Australia, South Africa, and other countries follow.*

*U3A New Zealand states the purpose of U3A is to:*

- Encourage further learning by listening, understanding, contributing, researching, and participating in discussion and relevant excursions.*
- Tap the great reservoir of knowledge, skills and experience of senior men and women.*
- Provide a venue for the meeting together of like-minded people to learn, contribute and make new friends in their local community.*

*We invite you to come along and learn more about what U3A Henderson does and how you can keep growing as a lifelong learner.*

## ***U3A Henderson (formerly North-West Auckland)***

Since our establishment in 1994, when we were known as 'U3A North-West', in January 2023 we changed our name to 'U3A Henderson', to differentiate us from other North-West U3As. We currently have approximately 165 members living in the Henderson area of Auckland, mostly in New Lynn, Glen Eden, Te Atatu South, Te Atatu Peninsula, Henderson, Oratia, Waitakere, and Swanson.

### ***Day and Time of Meetings***

**Our monthly meetings are held on the second Monday of the month, beginning at 9.45 am and finishing by 12.00 noon.** There is a guest speaker and usually a presentation by one of the study groups.

### ***Venue***

**The venue is Henderson Bowls Inc., 19 Alderman Drive, Henderson.** This is just beside the West Wave Aquatic Centre. There is 120-minute parking outside, and 180-minute parking at the far end of the car park. There is also parking at The Falls car park and at Tui Glen. If you need assistance with transport or have special parking needs, please contact our almoner, whose phone number and email address are always listed in the newsletter.

### ***AGM and Committee***

At our AGM, we elect our committee for the following year. The committee appoints the President, Vice-President, Secretary, Treasurer, and Study Group Coordinator from its members and allocates responsibilities to each member of the committee. We put out a monthly newsletter for members.

## ***Study and interest groups***

We currently have about 23 study and interest groups plus various U3A Online groups where people meet in small groups to study and discuss interests in common.

**It is an expectation of financial members that they attend the monthly meetings and join at least one study or interest group.**

If you wish to join a particular study group, contact the convenor of the group. If there is no vacancy at present the convenor will put your name on a waiting list and notify you when a place becomes available. If there are several people on the waiting list, consideration will be given to forming a second group. You are welcome to visit a group for one session to see if it is right for you.

As many groups meet in private houses, please observe any requirements of the host and remember that you are a guest in their home. If you are unable to attend the meeting, please notify the convenor in advance. A member of a group who does not attend for three months without notifying the convenor of their absence may forfeit their place in the group so that it can be given to another person.

You may join a U3A Online group at any time.

We are always keen to form new groups, so, if you have an idea for a study group, contact the Committee member who represents the convenors – the Study Groups Coordinator – about your idea and you will get assistance in getting started.

# Study and interest groups for 2024–25

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## ***Mornings***

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Monday</b>	Music Appreciation  Games Group	Monthly General Meeting	Play Reading	Monthly Committee Meeting
<b>Tuesday</b>	Art History  Current Events  Art History Plus	Food in History and Society		Medical History and Science
<b>Wednesday</b>		Creative Writing 1  Mathematica l Diversions	World History	Book Club
<b>Thursday</b>		Poetry Appreciation	Astronomy	Walking Group
<b>Friday</b>				Critical Thinking



## ***Afternoons***

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Monday</b>			Creative Writing 2, <i>Brainwaves</i> <i>Creative Writing</i>	Science News  Economics
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>	Famous and Infamous	Recorder	Recorder	Quiz Group
<b>Friday</b>				

# Descriptions of study and interest groups

## *Art*

### ***Art History Group***

Convenor Pat Green  
Phone 827 0308  
Email alexpat@slingshot.co.nz  
Time 1<sup>st</sup> Tuesday of each month at 10 am  
Venue Members' homes

Aims: to study the life and works of artists and see how their art portrays life in the country where they live. We choose a country on which to focus for as many months as is necessary to learn about art in that place from earliest times through the twentieth century. All members research the artists chosen for each month and take their turn to lead the discussion. In 2024, our Art History group is continuing the study of the art of Mexico from the 20<sup>th</sup> century to the present day.

### ***Art History Plus***

Convenors Alison Kittelty & Margaret Bol  
Phone Alison: 836 3441 / 021 171 8990  
Margaret: 837 5274 / 027 628 8807  
Email margbol@xtra.co.nz or ali.kat@xtra.co.nz  
Time 1<sup>st</sup> Tuesday of each month 9.45 am to 12 noon  
Venue We meet occasionally at members' homes AND at the Henderson Croquet Rooms where a Koha of \$4 is made.

Although we are continuing with the theme 'Aotearoa – the Community of New Zealand Artists', we are varying it with visits to exhibitions.

It has become a tradition to attend the Portage Ceramic Awards at Te Uru Contemporary Gallery for our November Meeting, followed by lunch next door.

## ***Current Events and Economics***

### ***Current Events***

Convenor     Jan Lorier  
Phone         021 0834 9060  
Email         Janice.lorier@gmail.com  
Time          10:00 am on the 1<sup>st</sup> Tuesday of the month  
Venue         Members' homes

Whether breaking news or ongoing newsworthy topics, our members are spoiled for choice when deciding what to speak about with the group, so we usually have three speakers per session followed by a good deal of lively discussion and a cuppa.

### ***Economics***

Convenor     John Stagg  
Phone         027 240 5520  
Email         johnstaggnz@gmail.com  
Time          4<sup>th</sup> Monday of month 1 pm to 3 pm  
Venue         Glen Eden Library

Economics is an important factor in our everyday lives and politics. Our aim is to understand the subject better, realising its impact and consequences. We are reminded that economists are more often wrong than weather forecasters. We see what can be learned from economic models adopted by various countries in previous eras. We also examine the terms used in the numerous economic theories and aim to understand economic terms used in the media.

## ***History***

### ***Famous and Infamous***

Convenor     Karen Tichbon  
Phone         827 3434 / 027 636 7152  
Email         karentichbon@gmail.com  
Time          1<sup>st</sup> Thursday of the month at 1:30 pm  
Venue         Members' homes

At each month's meeting one member gives a well-researched presentation about the life and influences of a subject of their choice. The subject can be a person or group from any time in history. This is followed by a discussion and a cuppa.

### ***Food in History and Society***

Convenor     Rosemary Stagg  
Phone         817 4038  
Email         Rosemary.Stagg@xtra.co.nz  
Time          2<sup>nd</sup> Tuesday of the month at 10 am  
Venue         Members' homes

We usually have two presentations each meeting, each followed by lively discussion. We cover various topics in the history of food and we also discuss various topics to do with food in society today. Some recent topics covered were Careme, the first celebrity chef; the effect of the war in Ukraine on world food supplies; how oat milk is produced and what is its nutritional value; onions – New Zealand's large export crop of brown onions and a comparison with Bermuda onions; eels as a traditional food in New Zealand, and meringues. There is space in the group for new members so contact Rosemary if you would like to come along.

### ***World History***

Convenor     Mike Smith  
Phone         021 172 0737  
Email         mike.s@xtra.co.nz  
Time          3<sup>rd</sup> Wednesday 10 am  
Venue         Glen Eden Library Meeting Room

World History is a broad description of the topics expected to be examined by this group, and not limited to any particular time period, ancient or modern. In 2024 our focus will be more flexible involving members contributing ideas and research on various countries and regimes over time. Discussion by email pre and post meetings is encouraged; and we will also look into some of the many famous historical legends – Atlantis and King Arthur being just two from the many available.

## ***Literature***

### ***Book Group***

Convenor Jude Harre  
Phone 818 6483  
Email judeharre@gmail.com  
Time 4<sup>th</sup> Wednesday of each month at 10.00am  
Venue Glen Eden Library meeting room

Each member of the group outlines two or three books read and enjoyed since the previous meeting. This way we learn of new authors and are sometimes reminded of those we may have forgotten. A list is made of our recommendations and given to us at the next meeting. We happily lend personal copies to other group members.

### ***Play Reading***

Convenor Mary Davies  
Phone 412 2262  
Email marydavies1934@gmail.com  
Time 3<sup>rd</sup> Monday of each month at 10 am  
Venue Members' homes

The group reads a variety of plays, from classic to comedy. On arrival, we discuss the play and author over morning tea before starting the reading. Plays are hired from the Play Bureau, and members pay \$3 a meeting to help defray costs.

### ***Poetry Appreciation***

Convenor Doreen Hunkin  
Phone 818 4704  
Email doreenhunkin@gmail.com  
Time 2<sup>nd</sup> Thursday of each month 10 am to 12 noon  
Venue Glen Eden Community House, 13 Pisces Rd, Glen Eden

The group covers the wide area of poems, authors, styles, contemporary and historical examples, translations and audio of poets' work. (We are not a writing group.)

Each member introduces a pre-notified theme/poet at a session and the other members supplement and/or comment. Discussion is an integral

part of the group. There is a cost of \$10/person, every three months, for venue hire.

## ***Music and Performing Arts***

### ***Recorder Group***

Convenor Jenny Freewalker  
Phone 022 067 0963  
Email [jenny.freewalker@gmail.com](mailto:jenny.freewalker@gmail.com)  
Time 2<sup>nd</sup> and 3<sup>rd</sup> Thursday of the month at 1:30 pm  
Venue To be advised

We are a small group who have fun learning to play the recorder. If you wish to learn, or if you already play the recorder, come and join us. We aim to cater for all the various abilities within our group.

### ***Music Appreciation***

Convenor Margaret Bol  
Phone 837 5274 / 027 628 8807  
Email [margbol@xtra.co.nz](mailto:margbol@xtra.co.nz)  
Time 1<sup>st</sup> Monday of each month at 10 am  
Venue Members' homes

Our focus for 2024 is music from America.

Members will choose from a composer, performer, choir, orchestra, etc. for their presentations.

We meet in a member's home to listen to CDs or watch DVDs and YouTube clips.

## ***Philosophy and Religions***

### ***Critical Thinking Group***

Convenor Andrew Tichbon  
Phone 827 3434 / 027 811 0655  
Email [andrewtichbon@gmail.com](mailto:andrewtichbon@gmail.com)  
Time 4<sup>th</sup> Friday 10 am each month  
Venue Glen Eden Library meeting room

We critically examine issues in a wide range of areas including Philosophy, Sociology, Anthropology, Comparative Religion, and the

Natural Sciences. Most areas are seen as potential grist to our mill. We carry out intellectual exploration with lively discussion of the views being propounded without attacking the person. The 'scientific method' is seen as a key way to determine what constitutes good evidence for any claim.

## ***Science and Mathematics***

### ***Astronomy***

Convenor      Mike Smith  
Phone          mike.s@xtra.co.nz  
Email          810 7455 / 021 172 0737  
Time          10 am on the 3<sup>rd</sup> Thursday of the month  
Venue          To be advised on application to the convenor

To study what is known about the universe and to discover what isn't known. To present topics in layman's language so the material is enjoyed and understood. To study the history of human research into the nature of the universe. To gain insight into where our future in the universe might lie.

### ***Mathematical Diversions***

Convenor      Martine MacGregor-Reid  
Phone          021 211 3548  
Email          martinem@xtra.co.nz  
Time          2<sup>nd</sup> Wednesday of each month 10 am to 12 noon  
Venue          New Lynn Library meeting room

Each meeting deals with a mathematical topic, presented by a member or members of the group. Topics in the recent past have included The Golden Ratio, The Mathematical Brain, Genetics and Probability, Financial Mathematics, Pythagoras, Wind Farms.

At each session a problem sheet is distributed for members to try before the next meeting. The problems are of varying degrees of difficulty so that every member of the group should be able to solve one or more. Solutions are presented and discussed during the next session.

There is no specific mathematics requirement other than an interest and enthusiasm for mathematics and a willingness to participate.

## ***Medical History and Science***

Convenor Jane Holland  
Email ajholland@xtra.co.nz  
Phone 838 9660 / 021 164 7499  
Time 4<sup>th</sup> Tuesday of each month 10 am to 12 noon  
Venue Members' homes

We are a group interested in a wide range of topics covering the history of medical science from ancient times to the present and beyond. We often have an ongoing theme for a year, as well as members discussing interesting topics they have come across in their general reading. There are many fascinating characters to investigate, books and magazines to read and websites to explore. We also take advantage of the resources offered by museums and libraries and attend off-site lectures of interest.

## ***Science News***

Convenor Lorraine Bartley  
Phone 827 1181  
Email lorrbart@gmail.com  
Time 4<sup>th</sup> Monday of each month, 1.30 to 3.30 pm  
Venue Members' homes

Members share news items about recent scientific research in its widest applications. These can range from climate change to neuroscience; astronomy to microbiology. If you are curious about life, the universe and everything, please join us for some lively discussion. Information comes from many sources, e.g. *The NZ Herald*, other newspapers, magazines like *New Scientist*, *Scientific American*, and internet research.

## ***Writing***

### ***Creative Writing 1***

Convenor Margaret Adams  
Phone 021 058 9855  
Email cma@xtra.co.nz  
Time 2<sup>nd</sup> Wednesday each month 10 am to 12 noon  
Venue Members' homes (or a café or similar)



Meetings begin with morning tea and catching up chats. During the month members write on a given topic or continue with an ongoing piece they are considering for publication and read it to the group. Feedback is given on the work which usually leads to discussion of many aspects of writing.

### ***Brainwaves Creative Writing Group 2***

Convenor     Jude Black  
Phone         021 024 53347  
Email         juderblack@gmail.com  
Time          3<sup>rd</sup> Monday of the month at 1:00 pm, finished by 3:30–  
                  4 pm.  
Venue         Via Zoom – group members share a modest cost for the  
                  subscription. If unfamiliar with Zoom, we will help.

Suited to people who either aspire to write their memoirs or family heritage stories; or who have liked writing in the past and are curious to see if they can still do it; or people who simply want to learn to write better. You may be a budding novelist; or you may just fancy a new challenge. Whatever your aim, the group will support you. We have raw beginners in the group, through to people who've been in the group long enough that they have gained in proficiency. What we try to do is nurture you from your own starting point.

You need to be able to use Word, or similar, to create your stories, and be *au fait* with attaching your document to an email and sending it to the group. If you are unfamiliar with using Zoom, we are happy to coach you. After the first time, it's usually just as easy as clicking on an email link.

### ***Interest Groups***

#### ***Quiz***

Convenor     Barbara Curtis  
Phone         021 1734 144  
Email         curtisb@xtra.co.nz  
Time          4<sup>th</sup> Thursday of the month at 1–3 pm  
Venue         RSA Titirangi, South Titirangi Road

If you enjoy quizzing, come along and stir some neurons and get those grey cells working. Bring along six quiz questions (plus answers) to put into the pot. The aim is to have some fun and test our general knowledge both in setting and answering the questions. Drinks available. Gold Coin donations to RSA for use of their premises.

### ***Walking Group***

Convenor      Karen Tichbon  
Phone          827 3434 / 027 636 7152  
Email          karentichbon@gmail.com  
Time            4<sup>th</sup> Thursday of the month at 10 am  
Venue          Varies depending on where we are walking

Walking is a great way to meet new people and to have fun while you raise your fitness level. We walk in a variety of settings to see parts of West Auckland and beyond and listen to others in the group share their knowledge of the area. We walk at a pace that allows you to be as conversational as you like while enjoying the scenery. Come and join us!

### ***Games Group***

Contact        Cath Dye  
Phone          021 0245 3180 / 833 5529  
Email          cathdyeowl@gmail.com  
Time            1<sup>st</sup> Monday of each month at 9:30–12:00  
Venue          Kowhai Room, Henderson Bowling Club

The Games Group comprises people who love playing games of all sorts: tile games, card games, strategy games. Members of our group contribute the games and take turns tutoring. There is a small intermittent fee of \$5 as a koha for the room hire.

Members of this group will be exercising their brains by learning new skills such as strategic thinking, as well as having fun and socialising.

### ***Event Happenings Group***

Convenor      Mary Little  
Phone          838 1933 / 028 422 8818  
Email          mael3638@gmail.com  
Time            TBA  
Venue          TBA

This is a new group in start-up mode. The idea of the group is that its members will visit shows, theatres, exhibitions at art galleries, the Museum, and other venues, local and city-wide. We may travel by public transport (bus, train, ferry) or share car rides to events in other suburbs. There is the possibility of outings by bus/coach to go further afield.

### ***Magazine Group***

This is a proposed new group. Members would select an article of interest from a magazine (e.g. *Listener*) and discuss the material. It is proposed to have one meeting per month at a time and day agreed to by members. Contact Sheila Durkin, phone 836 3914.

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## **U3A Online groups**

***Note: you may form or join these courses at any time and complete as much of them as you wish. The online forum and our own discussion groups will be available for you to join. We encourage discussion groups to meet in person where possible, as with our other Study Groups.***

If you are looking for a topic to study; in your own time and with the resources supplied; and at no cost then take a look at what is available on U3Aonline: <https://www.u3aonline.org.au>.

### **Joan of Arc**

Was she a saint? A cross dresser? A witch? Just a mascot? Or a feminist cult figure?

## **World Religions**

Contact: Helen Harrison, ph 022 548 7299

email: helenmgh19@gmail.com

Time: Meets monthly, the morning of the second Thursday of the month.

In this course, we shall explore some of the major religions of today, such as Hinduism, Buddhism, Judaism, Christianity and Islam, which have millions of adherents worldwide, as well as some of the early pagan and mythological gods of earlier periods, and philosophical ways of life such as Confucianism; examining their beliefs, origins, myths, rituals, historical development, culture, similarities and differences.

## **Feared Diseases in History**

We are still coming through a COVID pandemic, which caused much fear and social upheaval. But what about diseases of the past? Did they cause as much, or more fear, and what was their impact? This course addresses these issues and others, such as where did the disease come from? Is it possible to eradicate some diseases? How many of them are still a threat today. The course consists of 8 modules. They are each a mixture of science, medicine and history. The modules are: (1) Introduction; (2) The three pandemics of plague; (3) Smallpox, the conqueror's companion; (4) Influenza: how a common disease could kill millions; (5) Cholera and other water-borne diseases; (5) Malaria and other mosquito-borne diseases; (7) Tuberculosis, the fashionable disease; and (8) Leprosy, the stigma of Hansen's disease. This course will also be offered as a course with a leader, starting around May, so keep an eye out for it if you are interested. An online lecture/discussion will also be part of this course.

## **More Recent Philosophers**

There are several present-day philosophers, and several from the 19th and 20th centuries, who provide some very interesting writing for those of us who like to reflect on life and gain some insights into human nature. The course, 'More Recent Philosophers' is being developed now and will be added to the list in a few weeks.

## **Fractals and Chaos**

We have another new course for our mathematicians. Fractals and Chaos brought us the Paisley Print and patchwork quilts, all those years ago. The patterns have the same shapes in different proportions, and the Chaos part is the unpredictable outcome.

We also have two longer courses: **Myths and Legends** and **Left, Right or Centre** about politics.

If you wish to study one of these courses, or you would like to study a different U3A Online course, contact [martinem@xtra.co.nz](mailto:martinem@xtra.co.nz).

## **Committee members 2024–2025**

Your committee members are:

**President:** Mike Smith, phone 021 172 0737, email [mike.s@xtra.co.nz](mailto:mike.s@xtra.co.nz)

**Vice-President:** Jude Black, phone 021 024 53347, 832 4037  
email [juderblack@gmail.com](mailto:juderblack@gmail.com)

**Treasurer:** John Stagg, phone 027 240 5520, email  
[johnstaggnz@gmail.com](mailto:johnstaggnz@gmail.com)

**Secretary:** Alexis Langhorne, phone 021 162 1058, email  
[alexis@value.net.nz](mailto:alexis@value.net.nz)

**Study and Interest Group Coordinator:** Reese Helmondollar,  
phone 836 4626 / 021 0883 0843, email  
[dialogue15@kinect.co.nz](mailto:dialogue15@kinect.co.nz)

**Speaker Coordinator:** David Crickmer, phone 027 605 6567  
email [dmscrick09@outlook.com](mailto:dmscrick09@outlook.com)

**Editor of the Newsletter:** Jude Black

**Books, Archivist, Publicist:** Reese Helmondollar

**Database and IT:** John Stagg / Mike Smith

**Morning Tea Coordinator:** Bill Whittome, phone 836 7433  
email [neighbjw@outlook.co.nz](mailto:neighbjw@outlook.co.nz)

**Greeting Coordinator:** Helen Harrison, phone 022 548 7299  
email [helenmgh19@gmail.com](mailto:helenmgh19@gmail.com)

**Committee Supporters:**

**Almoner:** Jenny Wilcox, phone 027 538 2641, email  
[jennywilcox@xtra.co.nz](mailto:jennywilcox@xtra.co.nz)

**Morning tea roster:** Jane Holland, phone 021 164 7499, email  
[ajholland@xtra.co.nz](mailto:ajholland@xtra.co.nz), and Bill Whittome.

## ***Notes***